

ALASKA POST

Home of the Arctic Warriors

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Fort Wainwright, Alaska

November 2, 2012



Playing in a Winter Wonderland



Trish Muntean,
Fort Wainwright PAO

Ready to come out and play in the snow? Fort Wainwright Outdoor Recreation Center recommends since you're in Alaska anyway you should take advantage of the opportunity and get outside. Here are their favorite top 10 things to do:

1. Ice fishing at Birch Lake.
2. Snowshoeing along the Chena River.
3. Watch the northern lights at Cleary Summit.
4. Ride the Slush Cup during March Madness at Birch Hill.
5. Become a member of the Forty Below Club at the Fischer Skeet Range.
6. Go snowmachining in the White Mountains.
7. Watch the IFSS (sled dog races) World Championships in North Pole.
8. Cross-country skiing in the Chena Recreation Area.
9. Enjoy a soak in a hot spring at 40 below.
10. Spend the night in a backcountry cabin.

Outdoor Recreation offers something for everyone, no matter if you're new in town, an old Alaska

Winter in Alaska means great opportunities to view the aurora borealis first-hand. Aurora activity forecasts can be found online at <http://www.gi.alaska.edu/AuroraForecast>. (File photo)

See WINTER on page 5

Soldiers, civilians to see results of Army Profession Campaign

Sgt. 1st Class
Raymond J. Piper,
Army News Service

Soldiers and Army civilians will start to see the implementation of the Army Profession Campaign beginning in January, senior Army leaders said Oct. 22.

"It's important that all Soldiers master their profession, whatever it might be," said Chief of Staff of the Army Gen. Raymond T. Odierno. "We depend on you to understand what you do, because for us to be successful, we must trust that each and every Soldier understands what their job is and how it is interrelated."

To gather the information needed to establish how the Army should move forward following more than 10 years of persistent conflict, several assessment tools were employed by a "community of practice."

This community was formed with designated leads from Army Civilian University, Army Capabilities Integration Center, Center for Army Leadership, Center for the Army Profession and Ethic, Initial Military Training, Institute for Noncommissioned Officer Professional Development, U.S. Army War College and the Warrant Officer Career College.

"We came to these conclusions, in regards to the Army profession, not as a result of a top-down directed process, but more importantly, the largest study on the subject of the

Army profession that has ever been conducted," said Gen. Robert Cone, commander, Army Training and Doctrine Command.

The Army Research Institute distributed two Army-wide surveys. These surveys were designed to assess the strengths and weaknesses of each of the essential characteristics of the profession. More than 41,000 Army professionals responded to these surveys.

Five installations conducted multiple focus group sessions organized by cohort. These focus groups solicited candid feedback from more than 500 Soldiers and Army civilians on the profession's concepts, strengths and weaknesses. These focus groups also presented numerous recommendations for how the Army might possibly shape the future of the profession.

Dialogue was captured and analyzed from 15 forums on the Army profession. These forums included hundreds of attendees from across the Army, academia and other services. During these forums senior leaders were presented with findings of the campaign and were able to share their perspectives.

The campaign also engaged the profession extensively through social media, and numerous topics were discussed in these venues. These discussions were monitored, captured, and analyzed for common themes, resulting in thousands of ob-

servations and comments being added to the campaign's body of knowledge from the social networking effort.

The TRADOC G-2 "Red Team" provided an analysis of possible threats to the profession and the professionalism of its membership.

Each community of practice member researched and reviewed prior Army studies to inform and compare to current

findings. In total, over 35 studies were considered and 15 studies were thoroughly analyzed in support of the campaign.

Cone said the items and major concepts that arose from the Army Profession Campaign will be foundational to doctrine, ranging from leader development, training, and command and control.

"One of the things we know is that as a profession we must

have certifications and standards," he said. "It repeatedly came back that we were not keeping up in regard to ensuring our subordinates (had) the professional military education that is commensurate with the rank they were wearing."

The study also identified there were a number of different erosions of leader responsi-

See CAMPAIGN on page 2



Pictured here: Soldiers from Honor Guard Company, 3d U.S. Infantry Regiment (The Old Guard) and the U.S. Army Special Forces Command stand in formation prior to the start of a wreath laying ceremony Oct. 18 at the John F. Kennedy gravesite in Arlington National Cemetery, Va. Special Forces Soldiers lay a wreath at the memorial on his birthday. (Photo by Sgt. Luisito Brooks/Army News Service)

WEEKEND WEATHER



Friday

Mostly clear
Highs: 5 to 15
Lows around zero
NE winds to 10mph



Saturday

Cloudy
Chance of snow
Highs: mid-teens
Lows around 5



Sunday

Mostly cloudy
Chance of snow
Highs: mid-teens
Lows around 5



Sunday, Nov. 4
Daylight Savings
Time ends

Saturday evening, don't forget to set your clocks back 1 hour. Officially the clocks fall back at 2 a.m. – Enjoy an extra hour of sleep.

BRIEFS

Night training at Small Arms Complex

Soldiers are conducting night training through Nov. 16, using flares to illuminate targets at the Donald Rudolph Small Arms Complex adjacent to the Richardson Highway.

Parachute illumination rounds will be used on the machine gun range at night until 11 p.m. tonight Nov. 2, Nov 5 to 7 and Nov. 14 to 16. Local residents and motorists may see the flares from the illumination rounds.

17403801
Birchwood Homes

November is National Native American Heritage Month

Elizabeth A. Cook,
Fort Wainwright Native Liaison

The theme for 2012 National Native American Heritage Month is “Serving Our People, Serving Our Nations: Native Visions for Future Generations.” November is a time to learn about and commemorate the vibrant, myriad cultures of our country’s first people. This occasion sets aside time for all of us to celebrate the work done by every tribal and cultural organization across the nation

to support this unique part of American life for the next seven generations and beyond. In Alaska, 229 federally recognized tribes, over 213 Alaska Native Claims Settlement Act corporations and innumerable cultural organizations all contribute toward making our great land’s Native community healthy and successful. Additionally, November is a good time to remember those in the Native community who have also have sacrificed for the greater good through service in

the military. Even before Native Americans were granted the rights of citizenship, they served our nation, defending the rights of all Americans. Today, America’s first people enlist in the military on a per capita basis in greater numbers than any other minority group. President George H. W. Bush approved House Joint Resolution 577 (PL 101-242), designating November as “National American Indian Heritage Month” in 1990. The following year, Senate Joint Resolution 172 (PL

102-123) declared every November thereafter as the same. Every president since has issued a proclamation confirming this observance. In 2009 President Obama declared the more inclusive “National Native American Heritage Month” and declared a specific day – the Friday following Thanksgiving—as “Native American Heritage Day” via PL 111-33. In Alaska the observance is often referred to even more inclusively as “National Native American and Alaska Native Heritage Month.”

Did you know that...

- There are 566 federally recognized tribes in the U.S. and 229 of them are in the state of Alaska.
- There are 19 separate Native language and culture groups in the state of Alaska.
- ‘Athabascan’ is an umbrella term for 11 different language and culture communities in Alaska.

The #1 reason you’re NOT losing weight

Shari Lopatin,
TriWest Healthcare Alliance

You’ve changed the foods you eat to include more fruits and veggies. You’ve cut back on the soda and you’ve started exercising three times a week.

And yet, you’re not losing weight ... or at least, you’re not losing enough. Why? It really all boils down to two very small, but significant words: PORTION CONTROL.

“Many individuals are totally unaware of how much is an appropriate amount of food,” said Lynne Campagne, a registered dietitian with TriWest Healthcare Alliance.

How many calories are you really consuming each day? For example, a single serving of meat—like chicken or steak—is roughly the size of your palm. Reducing the number of calories you eat or drink can help to prevent weight gain and promote weight loss.

And the key to controlling calories lies in portion control.

Try Portion Control: ‘Create Your Plate’

Did you know the American Diabetes Association has a tool to help you control your portions better?

It’s called “Create Your Plate,” and it focuses first on portion sizes and then food choice. Not only is it meant to help diabetics manage their condition, but it can be an effective weight-loss tool.

You can apply the basics of “Create Your Plate” easily at home. Here’s how it works:

Put a line down the middle of your empty dinner plate.

On one side, cut it again so you have three sections on your plate.

Fill the largest section with non-starchy veggies (i.e. green beans, spinach, mushrooms).

In one of the smaller sections, place starchy foods such as whole grain breads or potatoes.

Fill the other small section with meat such as chicken or salmon.

Add an eight-ounce glass of low-fat milk or a six-ounce container of light yogurt.

For more healthy eating tips, visit *TriWest.com/HealthyLiving*.

Campaign: Invest in Army civilians to be part of the Army profession

Continued from page 1

bilities to subordinates, such as coaching, teaching and mentoring.

“These things are out there and they helped us find a plan of action,” Cone said.

In all, he said, there were nearly 60 specific recommendations that came out of the Army Profession Campaign report and about half of those reside under TRADOC in terms of implementation within the institutional Army; the remainder are carried over to the operational Army. The full report can be found at <http://cape.army.mil/repository/CY11ArmyProfessionAnnualReport.pdf>.

“It all starts with doctrine,” Cone said. “It’s one of the things that repeatedly came back that as a profession the Army has to be based on standards, discipline and a unique body of professional knowledge.”

To that end, the largest release of new doctrine recently occurred, and central to that, in each of the 30 manuals are the fundamental precepts of the Army profession, Cone said.

Cone explained that with the rewrite and release of the new doctrine, TRADOC was able to incorporate the lessons learned and then create a common terminology between the manuals and the ideas inside the pages. Once that was finished and released, the question remained on how to inculcate the doctrinal concepts into the operational force.

The easier part will be through the institutional training that takes place during a Soldier’s career, Cone said.

Both officer and enlisted courses are going through major revisions to rebalance them from preparing Soldiers to go downrange to Iraq or Afghanistan, to a broad set of competencies consistent with the larger profession.

“The operational force largely comes in on how things operate in a unit on a day-to-day basis; how they are adapting doctrine, and how they are adapting the new training procedures,” Cone said.

The civilian workforce plays a crucial role in Army operations, since 60 percent of the generating force within the Army is made of civilians, said Karl Schneider, principle deputy Assistant Secretary of the Army for manpower and reserve affairs.

“It seems to me it is vital that our Army civilians be incorporated into the Army profession,” he said. “We have to invest in the training, the education and the experience of our Army civilians if we want them to be part of the Army profession.”

The Army Civilian Workforce Transformation is the first step. Every Army civilian now belongs to a career program and in that career program they will see a path of training, education and experience that will allow them to progress within their career program.

Schneider said that in the past, only 40 percent of Army civilians had a career program.

“We are working with the Army G-3 and TRADOC to make sure we have the ability to educate and train our Army civilians and to give them the experience to do well as members of a profession,” Schneider said.

Early detection saves lives through self-exams and mammograms

Staff Report, Medical Department Activity-Alaska PAO

“It can’t happen to me; there’s no history in my family,” said Tracy Owens, a mother, and grandmother, of three. “That’s what I thought. Breast cancer happens to other people, not me.”

According to the American Cancer Society, one in eight women will be diagnosed with breast cancer during her lifetime.

While no woman wants to be one of those eight, the American Cancer Association reports that when it is caught in its first stages, the survival rate is 93 percent over 5 years.

Simply put, self breast exams, clinical exams and mammograms save lives.

One in eight.

Owens became one of those eight in 2008 when she received the diagnosis that changed her life.

A member of her health care team called and asked her to come in for an appointment to discuss her test results, said Owens. “They told me I needed to bring my husband with me. Right then I knew. I knew it wasn’t good.”

Owens said she never wanted to belong to a group of women fighting breast cancer. However, because of early detection, medical advancements and sheer stubbornness, Owens continues her fight.

“Early detection of breast cancer is critical because it means the cancer is discovered before it has had a chance to spread to other parts of the body,” said Cindy Henley, the public health nurse at Bassett Army Community Hospital.

Unfortunately, despite medical recommendations, only about half of women living in the U.S. get an annual mammogram, even if they have insurance to cover the test.

Breast cancer screening guidelines set by the American Cancer Society are

easy to follow.

According to the American Cancer Society, women in their 20s and 30s should receive a clinical breast exam by a health care provider every three years, while women 40 and over should receive a clinical breast exam every year.

In addition, the American Cancer Society recommends mammograms annually for women starting at age 40, and continuing for as long as a woman is in good health.

It is also important for women to know how their breasts normally look and feel, and report breast changes to their health care provider.

With guidelines from the American Cancer Society and the Centers for Disease Control being so defined, it is still a challenge for many health care teams to get their patients in for clinical breast exams and mammograms, said Henley.

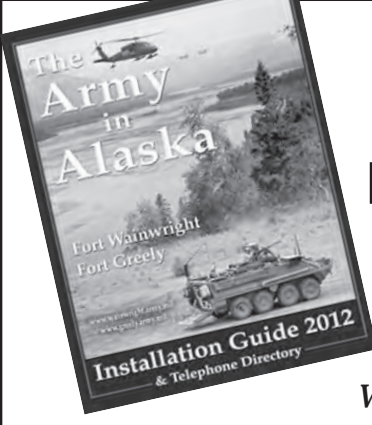
According to Henley, the list of excuses and explanations are plentiful, but most come down to being afraid.

“Some women say they put off getting a mammogram because they are afraid,” says Henley. “Those of us who have had mammograms need to stop making jokes about squashed breasts and instead tell our friends and family that it really isn’t that bad.”

No matter how uncomfortable mammograms are, survival statistics and reports from those battling breast cancer, should serve as an incentive to women to make an appointment.

Owens said she knows people who don’t want to get a mammogram because it hurts.

“Well I’m here to tell you five minutes of being uncomfortable is nothing compared to the pain of a mastectomy, radiation and chemotherapy,” said Owens. “Get those exams. Get them so it can be detected; before it’s too late.”



The Fort Wainwright,
Fort Greely 2012 Installation
Guide now available online.

Visit Fort Wainwright website at:
www.wainwright.army.mil/sites/local/

ALASKA POST

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The ALASKA POST – Home of the Arctic Warriors

Fort Wainwright PAO

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CALL 388-2260

NO NAME REQUIRED

Train right to stay Arctic Tough

Command Sgt. Maj. Bernie L. Knight, U.S. Army Alaska
Command Sergeant Major

There’s strong, Army Strong and then there’s Arctic Tough. Soldiers who train to fight here in Alaska’s unforgiving winter climate are Soldiers ready to fight anywhere.

Training facilities like the Northern Warfare Training Center and unit-level Arctic Light Infantry Training make U.S. Army Alaska Soldiers the military’s experts on training, surviving, preventing cold weather injuries and fighting the enemy in subzero temperatures – that’s Arctic Tough.

Take full advantage of the cold-weather training you receive here in USARAK. The lessons you learn here will serve you and the Army well, no matter where your career takes you next.

While the cold makes tasks more difficult, it does not make them impossible. We have the equipment, training and re-

sources to keep our Soldiers safe. I urge leaders at all levels to ensure that Soldiers understand cold-weather injuries and how to prevent them. ALIT is mandatory and must be taken by all.

But even with all the training our Soldiers receive, along with some of the best cold-weather equipment on the planet, some troops seem to disregard all their training and leave their gear at home right after final formation on Friday afternoon. They head out into the cold wearing just a hoodie and jeans.

I encourage all NCOs to remind their Soldiers that they can use the winter gear issued by the Army any time they are out enjoying Alaska. I understand the cost of the civilian equivalents of our gear. In order to ensure our Soldiers are safe, use the Army approved and field-tested gear when comparable civilian gear is not available. All the cold-weather training in the world won’t do



Command Sgt. Maj. Bernie L. Knight
U.S. Army Alaska
Command Sergeant Major

you any good if you leave your gear at home.

We will not tolerate frostbite. Not in our ranks or in our Families. If you don’t properly dress your children, they can get frostbite just walking from your home to school. Bundle those kids up! Everyone in this command should and will know how to properly layer clothing

to prevent cold-weather injuries. Teach these principles to your children and inspect them before they leave out the door. Have some spare clothes and blankets for every Family member in your vehicle in case you get stranded.

Some people figure they are safe jumping in the car wearing only a T-shirt and sweatpants since they are driving from a heated garage to a friend’s house 20 minutes away. One time my wife and I were driving in our van in -20 degree weather on an Alaskan highway. The van was new, it had less than 200 miles on it, but something went wrong and we broke down. We were lucky and were able to call for help with a cell phone. I knew not to open the van door. We had to conserve all the heat we could inside the van, which meant not opening any doors or lowering any windows. If I had, we would have immediately lost all our heat and it would have been -20 degrees

inside the van while we waited for help to arrive.

Don’t think it can’t happen to you. Have a plan and emergency supplies like heat pads ready. Take the necessary precautions now to keep yourselves and your Families safe this winter. A new car isn’t always a preferred method of precaution!

This winter we’ll all have the opportunity to take advantage of the many outdoor recreation activities that make serving in Alaska some of the best duty in the Army. Remember that no amount of fun or adventure is worth injuring yourself or your loved ones. Treat the Alaskan outdoors with respect and take full advantage of all the opportunities the Last Frontier has to offer.

Prevention is the best treatment for cold weather injuries. I call on all Arctic Tough Leaders to take the time to conduct training correctly and make sure all our Soldiers are Arctic Tough.

Used motor oil and the environment

Robert Gray, Directorate of Public Works, Environmental Division

In recent years it has become increasingly popular for Soldiers and their Families to change their vehicle’s motor oil in barracks parking lots or housing areas. If you’ve chosen to replace the oil in your vehicle yourself, you’ve also accepted the responsibility to properly dispose of the resulting waste. Exposure to used motor oil not only poses a danger to your health, but it’s also a hazard to the environment. It is against Army regulations and numerous Alaska State and federal environmental laws to dump used motor oil into dumpsters, down kitchen sinks and storm drains, into sewers or abandoned in containers in the barracks parking lots. Pouring it on the ground is not only illegal - it’s probably the worst thing you can do.

The used oil from a single oil change may look as harmless as dirty dishwater, but nothing could be further from the truth. A single gallon of used oil can contaminate a million gallons of fresh water, an amount equal to a year’s supply of drinking water for 50 people. Even as little as a single pint of oil can create an oil slick the size of a football field. Once you realize how little it takes to cause widespread contamination, it’s easy to see that you must properly dispose of this extremely hazardous and highly common waste.

Dumping oil in sewers is not an option.

Sewers lead to waste treatment plants, which will have a difficult (not to mention expensive) time removing the oil from water intended for humans. Dump the oil on the ground and eventually it may find its way to storm drains that lead to streams, rivers and lakes that surround Fort Wainwright, potentially poisoning the waters for fish, wildlife and pets. And yet, each year in the United States alone, we throw out more than 20 times the oil as was spilled by

the infamous Exxon Valdez.

There’s good news and bad news. The good news is that used oil is easy to recycle. Used oil can be recycled into different types of fuel and lubricants, conserving the Earth’s precious petroleum resources while at the same time protecting our environment. The bad news is too often it is more convenient to just leave it beside a post in a barracks parking lot or beside a dumpster in the housing areas. This problem presents us with the nightmare scenario of an installation of “do-it-yourself” car owners changing their own oil and abandoning it as someone else’s problem. Fortunately Fort Wainwright has established a quick and easy way to properly dispose of used motor oil. If you are in doubt of how to properly handle or dispose of your used motor oil, the Fort Wainwright Directorate of Public Works, Environmental Division hazardous waste-handling services contractor, Environmental Compliance Consultants, or ECC Inc., located in building 3489 is here to help you. They maintain a used-oil collection drum at their building for the proper disposal of used motor oil. They are open Monday through Friday from 8 a.m. to 5 p.m. except holidays. Used oil is picked up by a certified used-oil recycler who takes it to a facility where it is sent for heater fuel or reprocessed back into good motor oil.

The Fort Wainwright Directorate of Public Works, Environmental Division and the installation’s hazardous waste-handling services contractor, ECC Inc. are here to help you or answer your questions. If you have questions concerning how to properly handle or dispose of your used motor oil please call one of the following phone numbers.

Hazardous waste-handling services contractor, ECC Inc. at 356-2023 or Robert Gray, program manager, Resource Conservation and Recovery Act, Environmental Division, Directorate of Public Works, 361-9949.

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AFC/UNIVERSAL PICTURES

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DIMENSIONS

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Cold Regions Test Center provides unique training opportunity for Alaska Soldiers



Group picture of the 20 U.S. Army Alaska Soldiers and the Army’s Cold Regions Test Center’s Sgt. 1st Class, John Schnering in front of the M88 Armored Recovery Vehicle and a Russian tank. (Photo by Clara Zachgo/U.S. Army Cold Regions Test Center)



Soldiers from the 25th Brigade Support Battalion, 1st Stryker brigade combat Team practice vehicle rollover training with the M88 Armored Recovery Vehicle at the Army’s cold regions Test Center near Fort Greely, Alaska. (Photo by Clara Zachgo/U.S. Army Cold Regions Test Center)

Clara Zachgo, U.S. Army Cold Regions Test Center

The mountainous terrain of Afghanistan can be challenging for some of the military’s larger vehicles. Driving on narrow, unimproved roads results all too often in overturned vehicles from a variety of perils. When this happens, Soldiers have to get those vehicles out. One thing that helps with this task is training in terrain similar to that in an operational environment, using the equipment they will need for these types of recoveries.

Soldiers from the 25th Brigade Support Battalion (BSB), 1st Stryker Brigade Combat Team, 25th Infantry Division out of Fort Wainwright recently spent a week learning how to recover vehicles from situations like these using an M88 Armored Recovery Vehicle at the Army’s Cold Regions Test Center (CRTC) located near Fort Greely.

The M88 is one of the largest all-weather armored recovery vehicles currently in use and performs hoisting, winching and towing operations in support of battlefield rescue and recovery missions. The M88 is also equipped to provide maintenance support for the main battle tank family and similar vehicles. CRTC owns the only two M88s in the state of Alaska, making them a valuable training asset for all nearby units.

A handful of Soldiers from the BSB used the M88 regularly in previous deployments to Afghanistan, but until recently training opportunities were limited and most Soldiers had to learn in the field. Sgt. 1st Class Erick Mitchell, senior non-commissioned officer and one of four Soldier instructors at CRTC, said this was a “unique, hands-on training opportunity that we can’t get anywhere else.”

Before this group of 20 Soldiers traveled to the test center, the group’s knowledge of and skill level at operating an M88 was limited. “I would say 75 percent of

these guys never used an M88 before,” said Mitchell.

The main goal of the course was to give each Soldier hands-on experience on the M88 before the unit’s rotation through the National Training Center in California. The course, taught by the four experienced members of the group and CRTC’s Senior Test Non-Commissioned Officer Sgt. 1st Class John Schnering, covered everything from drivers’ training, preventive maintenance checks and services, vehicle rollovers and hasty recovery to tandem recovery using an M984 Heavy Expanded Mobility Tactical Truck (HEMTT).

Spec. Shawn Griffin, one of the Soldiers who had deployed with an M88 to Afghanistan, was able to come to CRTC and help teach others how to operate the vehicle. However, this wasn’t just a teaching experience.

“I learned more here that I had in my previous trainings,” Griffin said. “The most valuable thing I learned was what the basic issue items are used for, which is key in maintaining the equipment.”

Pvt. Patrick Perdue came to this training without ever having used an M88. “There is a lot to learn,” he pointed out. “Now we can go back to our units with the experience and information we learned and share it with others.”

On the last day of training, the students were able to put what they had learned to the test by performing recovery missions. “These missions and scenarios were the likely things Soldiers will come across in a combat recovery situation, giving them real-world experience they can fall back on in future deployments,” Schnering explained.

After a long week of training, the Soldiers left CRTC with the hope they would be able to return in the spring for another round of training on the M88. “We got the snow this time; next time we want the mud,” said Mitchell with a smile.

H is for Honor: Book teaches children appreciation

Trish Muntean, Fort Wainwright PAO

“We are having a very exciting event,” said Joy Wohlman Boyce, library technician, about the Veterans Day story hour, Nov. 9 at 4 p.m. at the Last Frontier Community Activity Center.

Sponsored by the Directorate of Family and Morale, Welfare and Recreation and coordinated by the library staff, the story hour will feature the book “H is for Honor: A Military Family Alphabet” written by Devin Scillian, the son of a career military officer and author of more than a dozen children’s books.

“This event is to celebrate and appreciate our veterans,” she said. “We want to teach children that with or without

uniform, we are all part of a Family, part of the military Family. To teach the appreciation, to reach beyond just this specific moment...”

In the book Scillian credits all branches of military service and cites the courage, character and commitment of our Soldiers in “H is for Honor,” she said. “He acknowledges the world’s very best - our Special Forces, our Families and our history with poetry and a sidebar of text to explain each entry.

As an “Army brat,” Scillian understands and explains the meaning of “Honor.” Essentially, our men and women in uniform epitomize the word. This event celebrates that honor and brings it home for Veterans Day.”

The book’s illustrator,

Victor Juhasz, cleverly depicts military life with colorful and appropriate illustrations. However, according to Wohlman Boyce, the library is going to present the story “Fort Wainwright style.” When asked exactly what that meant, the response was, “You’ll have to see what it means.”

While there are story hours each Friday at the post library, there are only two each year of this magnitude (which Julia Allen, the Fort Wainwright librarian jokingly refers to as “story hour on steroids.”) The first one this year was in March during Read across America, when the command staff read “The Lorax”. Upwards of 200 people are expected to attend this one.

Allen said it will fea-

ture a “Moment of Honor,” the National Anthem sung by an opera singer, accompanied by a sign language interpreter, and different readers from all walks of life including some “celebrity readers.” The 9th Army Band will play at different times during the afternoon.

There will be a group craft activity with the 73rd Engineer Company, 1st Stryker Brigade Combat Team, 25th Infantry Division and refreshments afterwards.

Registration is requested and books will be given to the first 50 Families that register

and attend. To register call 353-4137 or visit <http://www.doodle.com/fkif92tn8rwc72wf#table>.

Wohlman Boyce promised the event would be meaningful, fun and remind all in attendance what it means to be part of the Army Alaska Family.



Julia Allen, Fort Wainwright librarian, and Joy Wohlman Boyce, librarian technician, painted banners for the Veterans Day story hour Nov. 9 at 4 p.m. at the Last Frontier Community Activity Center. Sponsored by the Directorate of Family and Morale, Welfare and Recreation and coordinated by the library staff, the story hour will feature the book “H is for Honor: A Military Family Alphabet” written by Devin Scillian, the son of a career military officer and author of more than a dozen children’s books. To register for the event call Wohlman Boyce at 353-4137. (Photo by Trish Muntean\Fort Wainwright PAO)

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DIMENSIONS
3 x 2.5

On any given Sunday: That’s what I’m talking about

Allen Shaw,
Fort Wainwright PAO

As a sports fan I enjoy watching the game and am in seventh-heaven at the end of October. Although I don’t pay much attention to baseball during the regular season, I’m glued to the playoffs and the World Series.

Sunday evening was spent flipping back and forth from Peyton Manning guiding the Denver Broncos, and seeing who was going to hit, run, swing, miss or who was going the clobber a game-winner. It was all good. While I was happy for the San Francisco Giants, felt bad for the Detroit Tigers and was a bit bummed for the other sports fanatics, who hoped for a game seven. Good on you Giants; and Tigers, there’s always next year. That’s what

I’m talking about.

While the baseball Giants were taking care of business in Detroit, Peyton was in Mile High Stadium having a franchise record-setting night against the New Orleans Saints. In his fifth straight 300-yard game, Manning completed 22 of 30 passes, for 305 yards and three touchdowns, beating the Saints 34-14.

In the Thursday game Oct. 25, the Tampa Bay Buccaneers sailed past the Minnesota Vikings 36-17. Buccaneer QB Josh Freeman threw three touchdown passes.

In the earlier games Sunday the Chicago Bears hung on to the end, giving kicker Robbie Gould the opportunity to be the hero. As the clock ran out, Gould split the uprights with a 41-yarder, cementing the Bears’ 23-22 victory over the Carolina Panthers.

The Cleveland Browns also scored a one-point win over the San Diego Chargers 7-6. Neither team generated much offense in the blustery, rainy conditions, but Browns rookie running back Trent Richardson rushed for 122 yards and the winning touchdown. The Chargers only mustered up a couple field goals.

Detroit Lions quarterback Matthew Stafford tossed a one-yard touchdown pass with 20 seconds left to claim a 28-24 victory over the Seattle Seahawks, the Green Bay Packers beat the Jacksonville Jaguars 24-15 and the Miami Dolphins dowsed the New York Jets 30-9.

The Atlanta Falcons remain undefeated as quarterback Matt Ryan threw three touchdown passes on Atlanta’s first three possessions toward sealing a solid victory over the

Philadelphia Eagles.

In spite of wearing some of the ugliest duds in National Football League history, the Pittsburgh Steelers hammered the Washington Redskins 27-12. While donning the yellow and black-striped throw-back uniforms, Pittsburgh quarterback Ben Roethlisberger proved it isn’t how you look, it is how you play. That’s what I’m talking about. Big Ben threw for 222 yards and three touchdowns.

The New England Patriots traveled to London to meet the St. Louis Rams for a game across the pond. The Rams had a long flight home after losing 45-7.








The Indianapolis Colts beat the Tennessee Titans 19-13; the Oakland Raiders won 26-16 over the Kansas City Chiefs and the New York Giants held on to beat the Dallas

Cowboys 29-24. The Giants led the game 23-0 when Dallas mounted a comeback, with 24 unanswered points. New York quarterback Eli Manning managed to rally his team at the end to claim the win.

On Monday, the San Francisco 49ers beat the Arizona Cardinals 24-3.

It was an okay week for the Fort Wainwright football prognosticators. Jones Bros boosted their standings, winning 11 and three, while A-Team did the same with 10 wins, four losses. Both are right behind Brain, who added nine wins and five losses to his overall. Bear, Browbose Salsa and Tate are all still within striking distance, and Urbi is hanging solid with nine wins, five losses this week. Making picks for the fun of it. That’s what I’m talking about.

Prognosticators – football predictions for fun and braggin’ rights

						
A-Team (74W-44L)	Brain (77W-41L)	Browbrose Salsa (71W-47L)	Bear (72W-46L)	Urbi (62W-56L)	Jones Bros (76W-42L)	Tate (70W-48L)
KC @ SD SD	KC @ SD SD	KC @ SD SD	KC @ SD SD	KC @ SD SD	KC @ SD SD	KC @ SD SD
AZ @ GB GB	AZ @ GB GB	AZ @ GB GB	AZ @ GB GB	AZ @ GB GB	AZ @ GB GB	AZ @ GB GB
DET@ JAC DET	DET@ JAC DET	DET@ JAC DET	DET@ JAC JAC	DET@ JAC DET	DET@ JAC DET	DET@ JAC DET
CHI @ TEN TEN	CHI @ TEN CHI	CHI @ TEN DET	CHI @ TEN CHI	CHI @ TEN CHI	CHI @ TEN CHI	CHI @ TEN CHI
DEN @ CIN DEN	DEN @ CIN DEN	DEN @ CIN CHI	DEN @ CIN DEN	DEN @ CIN DEN	DEN @ CIN DEN	DEN @ CIN DEN
CAR @ WAS WAS	CAR @ WAS WAS	CAR @ WAS CAR	CAR @ WAS WAS	CAR @ WAS WAS	CAR @ WAS WAS	CAR @ WAS WAS
BAL @ CLE BAL	BAL @ CLE BAL	BAL @ CLE BAL	BAL @ CLE BAL	BAL @ CLE BAL	BAL @ CLE BAL	BAL @ CLE BAL
MIA @ IND IND	MIA @ IND MIA	MIA @ IND MIA	MIA @ IND MIA	MIA @ IND MIA	MIA @ IND MIA	MIA @ IND IND
BUF @ HOU HOU	BUF @ HOU HOU	BUF @ HOU HOU	BUF @ HOU HOU	BUF @ HOU HOU	BUF @ HOU HOU	BUF @ HOU HOU
MIN @ SEA SEA	MIN @ SEA MIN	MIN @ SEA SEA	MIN @ SEA MIN	MIN @ SEA MIN	MIN @ SEA SEA	MIN @ SEA SEA
TB @ OAK TB	TB @ OAK TB	TB @ OAK TB	TB @ OAK TB	TB @ OAK OAK	TB @ OAK TB	TB @ OAK TB
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PHI @ NO NO	PHI @ NO NO	PHI @ NO NO	PHI @ NO NO	PHI @ NO PHI	PHI @ NO NO	PHI @ NO PHI

Winter: Outdoor Recreation Center helps you explore

Continued from page 1

sourdough or looking to entertain the whole family.

Lara Patterson, Outdoor Recreation Center director, believes a family that “plays together, stays together,” and has developed a family program.

“I hear from our customers that they have a hard time finding babysitters or one parent attends and the other stays home. We have a big customer base that are families so why not provide recreational opportunities geared more toward the little ones and parents get to participate too,” she said.

New programs this year include family snowshoeing and snowmachining, (children must be 8 years old or older), ice-climbing, glacier-caving and winter carnival. For those who enjoy or just want to try cross-country skiing there will be plenty of opportunities under the full moon, during lunch breaks and over local trails.

Patterson said patrons should take note that “Any program with family in front of the name is geared toward kids. Typically we do have to put an age limit on some trips and that just has to do with safety,” she said.

The ever popular Women in the Wilderness series has some great trips planned again this season, including snowshoeing and ice-fishing.

“The Women the Wilder-

ness Program is a great avenue for women to not only gain the benefits of recreational pursuits and maybe step out of their comfort zones and do something new, but it’s a great vehicle for socializing with other community and a great way to relieve stress,” Patterson said.

Outdoor Recreation is not leaving members of the Better Opportunities for Single Soldiers organization out in the cold this season. Patterson said there are plenty of trips planned for them as well. They should contact

their unit BOSS representatives to sign up.

You don’t have to go on an organized trip to make use of all Outdoor Recreation has to offer. Equipment from skis to snowmachines (and a whole lot more) can be rented there. Some equipment requires a safety course before being released for rental.

The Outdoor Recreation staff’s unofficial motto is “If you are an avid outdoors lover, complete novice or somewhere in between and would like to get out and

get active in Alaska’s great outdoors, the Outdoor Recreation Center is the place to be. Go. Explore.” They will try to make the process as easy as possible.

For more information on any Outdoor Recreation program stop by and chat with the staff at Building 4050 (right inside the main gate) or give them a call at 361-4089.

Outdoor Recreation can also be found on Facebook or at <http://www.ftwainwrightfmwr.com/outdoorrec.html>.



Planned, group cross-country ski and snowshoe trips can be a great way to get out and see Alaska. (Courtesy photo/Fort Wainwright Outdoor Recreation)

Military Appreciation Week

Fort Wainwright Family and Morale, Welfare and Recreation in partnership with the University of Alaska Fairbanks present Military Appreciation Week, celebrating our military together as one community – a way to say thank you.

Saturday, November 3
Meet the UAF Men’s Basketball Team
The University of Alaska Fairbanks Men’s Basketball Team is coming to Fort Wainwright’s Physical Fitness Center, Building 3709, Saturday, Nov. 3. Starting at 10 a.m. the UAF Men’s Basketball Team will run a shoot-around with visitors and be available for meet-and-greet pictures and autographs. For more information call 353-7691.

Sunday, November 4
Meet the UAF Alaska Cheer Team
The University of Alaska Fairbanks Cheer Team will be at Fort Wainwright’s Youth Center Gym, Building 3567, Sunday, Nov. 4, starting at 1 p.m. where the UAF Cheer Team will run a mini cheer camp for Soldiers. The Cheer Team will be available for meet-and-greet pic-

tures and autographs. For more information call 353-7691.

Wed., November 7
Meet the UAF Women’s Basketball Team
The University of Alaska Fairbanks Women’s Basketball Team will be at Fort Wainwright’s Physical Fitness Center. At 5:30 p.m. the team will run shoot-around. The team will be available for meet-and-greet pictures and autographs. For more information call 353-7691.

Thurs., November 8
Meet the UAF Rifle Team
The University of Alaska Fairbanks Rifle Team will be at Fort Wainwright’s Birch Hill Ski and Snowboard Area at 4 p.m., where they will present instructions on competition shooting. The team will be available for meet-and-greet, pictures and autographs. For more information call 353-7691.

Friday, November 9, 6 p.m., Patty Center, UAF Campus
Women’s Swimming vs. Cal State East Bay. For more information go to <http://www.alaskananooks.com/>.

Friday - 2nd

FAME FITNESS SESSIONS, 9:15 a.m., Melaven Fitness Center, Building 3452. Call 353-9137.

FAME FITNESS SESSIONS, 10:45 a.m., Melaven Fitness Center, Building 3452. Call 353-9137.

STORY HOUR THEMES: DAY OF THE DEAD, 4 p.m., Post Library, Building 3700. Call 353-2642.

COSMIC BOWLING, 8 p.m. to 1 a.m., Nugget Lanes Bowling Center, Building 3702. Call 353-2654.

Saturday - 3rd

UAF MEN’S BASKETBALL MEET AND GREET, 10 a.m., Physical Fitness Center, Building 3709. Call 353-7691.

GROUP CYCLING CLASS, 10 a.m. Physical Fitness Center, Building 3709. Call 353-7223.

YOGA FOR ATHLETES, 11 a.m., Physical Fitness Center, Building 3709. Call 353-7223.

BUDDY DAY, 12 to 5 p.m., Fischer Skeet Range, Building 1172. Call 353-7869.

ZUMBA FITNESS CLASS, 1 p.m., Physical Fitness Center, Building 3709. Cost is \$7. Call 353-7294.

CHESS CLUB, 3 p.m., Last Frontier Community Activity Center, Building 1044. Call 353-7755.

POOL TOURNAMENT, 6 p.m., The Warrior Zone, Building 3205. Open to all DoD cardholders 18 and older. 353-1087.

COSMIC BOWLING, 8 p.m. to 1 a.m., Nugget Lanes Bowling Center, Building 3702. Call 353-2654.

Sunday – 4th

NFL DIRECT TV PACKAGE, 9 a.m., The Warrior Zone, Building 3205. Open to DoD cardholders age 18 and older. Call 353-1087.

CATHOLIC SERVICES, 9:30 a.m. Catholic religious education and 11 a.m. Catholic Mass, Southern Lights Chapel, Building 4107. Call 353-9825.

GOSPEL SERVICES, 9:45 a.m. Gospel Sunday school; 11 a.m. Gospel Worship service, Bassett Army Community Hospital, third floor conference room, Building 4076. Call 353-9825.

PROTESTANT SERVICES, 10 a.m., Sunday school and 11 a.m., Sunday Protestant worship Northern Lights Chapel, Building 3430. Call 353-9825.

UAF CHEERLEADER MEET AND GREET, 1 p.m., Youth Center, Building 4109. Call 353-7691.

Monday – 5th

MELAVEN GYM REOPENS, 5 a.m., Melaven Gym, Building 3452. Please use back entrance along Santiago Ave. Call 353-1994.

CORE TRAINING, 5:30 a.m., Physical Fitness Center, Building 3709. Call 353-7223.

BODY CONDITIONING, 9 a.m., Physical Fitness Center, Building 3709. Call 353-7223.

ROMP AND STOMP PLAYGROUP: COMMUNITY RESOURCES, 9:30 to 11:30 a.m., Last Frontier Community Activity Center, Building 1044. Call 353-7372.

FAME FITNESS SESSIONS, 9:15 a.m., Melaven Fitness Center, Building 3452. Call 353-9137.

FAME FITNESS SESSIONS, 10:45 a.m., Melaven Fitness Center, Building 3452. Call 353-9137.

GROUP CYCLING CLASS, noon, Physical Fitness Center, Building 3709. Call 353-7223.

ZUMBA FITNESS CLASS, 6 p.m., Physical Fitness Center, Building 3709. Cost is \$7. Call 353-7294.

Tuesday – 6th

GROUP CYCLING CLASS, 6:30 a.m. and 5:30 p.m., Physical Fitness Center, Building 3709. Call 353-7223.

HOOR OF POWER GROUP STRENGTH CLASS, noon, Physical Fitness Center, Building 3709. Call 353-7223.

YOGA FOR ATHLETES, 6 p.m., Physical Fitness Center, Building 3709. Call 353-7223.

Wednesday – 7th

CORE TRAINING, 5:30 a.m., Physical Fitness Center, Building 3709. Call 353-7223.

BODY CONDITIONING, 9 a.m., Physical Fitness Center, Building 3709. Call 353-7223.

FAME FITNESS SESSIONS, 9:15 a.m., Melaven Fitness Center, Building 3452. Call 353-9137.

FAME FITNESS SESSIONS, 10:45 a.m., Melaven Fitness Center, Building 3452. Call 353-9137.

ARMY FAMILY CHILD CARE PROVIDER BRIEF, 11 a.m., FCC, Building 1049 #1. Call 353-6266.

UAF WOMEN’S BASKETBALL MEET AND GREET, 5:30 p.m., Physical Fitness Center, Building 3709. Call 353-7691.

GROUP CYCLING CLASS, noon, Physical Fitness Center, Building 3709. Call 353-7223.

TURBO KICK, 5 p.m., Physical Fitness Center, Building 3709. Call 353-7223.

Thursday – 8th

GROUP CYCLING CLASS, 6:30 a.m. Physical Fitness Center, Building 3709. Call 353-7223.

HOOR OF POWER GROUP STRENGTH CLASS, noon, Physical Fitness Center, Building 3709. Call 353-7223.

UAF RIFLE TEAM MEET AND GREET, 4 p.m., Birch Hill Ski AND Snowboard Area, Building 1172. Call 353-7691.

GROUP CYCLING CLASS, 5 p.m. Physical Fitness Center, Building 3709. Call 353-7223.

YOGA FOR BEGINNERS, 6 p.m., Physical Fitness Center, Building 3709. Call 353-7223.

ZUMBA FITNESS CLASS, 6 p.m., Physical Fitness Center, Building 3709. Cost is \$7. Call 353-7294.

Friday – 9th

FAME FITNESS SESSIONS, 9:15 a.m., Melaven Fitness Center, Building 3452. Call 353-9137.

FAME FITNESS SESSIONS, 10:45 a.m., Melaven Fitness Center, Building 3452. Call 353-9137.

“H” IS FOR HONOR: A MILITARY FAMILY ALPHABET, 4 p.m., Last Frontier Community Activity Center, Building 1044. Call 353-2642.

UAF SWIM TEAM VS. CAL STATE EAST BAY, 6 p.m., Patty Center. Free Admission with Military ID. Contact Ticket Master for more details.

COSMIC BOWLING, 8 p.m. to 1 a.m., Nugget Lanes Bowling Center, Building 3702. Call 353-4137.

Saturday – 10th

YOGA FOR ATHLETES, 11 a.m., Physical Fitness Center, Building 3709. Call 353-7223.

GROUP CYCLING CLASS, 10 a.m. Physical Fitness Center, Building 3709. Call 353-7223.

CHENA HOT SPRINGS LUNCH AND SOAK, 10 a.m., Outdoor Recreation Center, Building 4050. Cost is \$50. Call 361-6349.

UAF SWIM TEAM VS. CAL STATE EAST BAY, noon, Patty Center. Free Admission with Military ID. Contact Ticket Master for more details.

CROSS-COUNTRY SKI WAXING CLINIC, 1 p.m., Outdoor Recreation Center, Building 4050. Call 361-6349.

ZUMBA FITNESS CLASS, 1 p.m., Physical Fitness Center, Building 3709. Cost is \$7. Call 353-7294.

UAF CROSS-COUNTRY SKI TEAM MEET AND GREET, 1 p.m., Birch Hill Recreation Center (Cross Country Side, Off Post) Call 353-7691.

CHESS CLUB, 3 p.m., Last Frontier Community Activity Center, Building 1044. Call 353-7755.

UAF WOMEN’s VOLLEYBALL VS. MONTANA STATE BILLINGS, 3 p.m., Patty Center. Free Admission with Military ID. Contact Ticket Master for more details.

B.O.S.S. LASER TAG TOURNAMENT, 4 to 8 p.m., Last Frontier Community Activity Center, Building 1044. Call 353-7648.

TEXAS HOLD’EM TOURNAMENT, 6 p.m., The Warrior Zone, Building 3205. Open to all DoD cardholders 18 and older. 353-1087.

UAF WOMEN’s BASKETBALL VS. COLORADO SCHOOL OF MINES, 7 p.m., Patty Center. Free Admission with Military ID. Contact Ticket Master for more details.

COSMIC BOWLING, 8 p.m. to 1 a.m., Nugget Lanes Bowling Center, Building 3702. Call 353-2654.

Sunday – 11th

NFL DIRECT TV PACKAGE, 9 a.m., The Warrior Zone, Building 3205. Open to DoD cardholders age 18 and older. Call 353-1087.

CATHOLIC SERVICES, 9:30 a.m. Catholic religious education and 11 a.m. Catholic Mass, Southern Lights Chapel, Building 4107. Call 353-9825.

GOSPEL SERVICES, 9:45 a.m. Gospel Sunday school; 11 a.m. Gospel Worship service, Bassett Army Community Hospital, third floor conference room, Building 4076. Call 353-9825.

PROTESTANT SERVICES, 10 a.m., Sunday school and 11 a.m., Sunday Protestant worship Northern Lights Chapel, Building 3430. Call 353-9825.

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NOVEMBER 6TH IS ELECTION DAY

Fort Wainwright's polling place is at the Last Frontier Community Activity Center, Building 1044. Polls are open 7 a.m. until 8 p.m. It's easy, convenient and there's lots of parking. Employees are not authorized administrative leave to go and vote. Only those who work a 24 hours schedule (firefighters) may be authorized time to go vote. You may also vote early, check with elections office at 353-7624 or visit them online at <http://www.wainwright.army.mil/armyVote/default.asp>.

MILITARY DISCOUNTS

The ASYMCA offers discount hockey tickets for the home games in the Fairbanks Big Dipper arena, home of the Ice Dogs. ASYMCA sells tickets at their Fort Wainwright office, 1047-4 Nysteen Road. For more information, call 353-5962.

EMPLOYEE INSURANCE

Federal employees are encouraged to review health, vision and dental coverage during open season. Employees may also initiate or make changes to their flexible spending accounts during open season, Nov. 12 through Dec. 10. The annual open season gives federal employees and retirees the opportunity to review their health plan choices and make changes for the following year. It also allows eligible employees to enroll for coverage. Federal Employee Health Benefits Program eligible employees and enrollees should review the benefits and premiums for their health plan choices and decide what coverage will best fit their healthcare needs in the coming year. Stop by the health fair or contact the Civilian Personnel Advisory Center for more information.

VOLUNTEER OPPORTUNITY

The Post Library is looking for a few good readers to join in the program for its first Veteran's Day story hour event Nov. 9 from 4 to 5 p.m. at the Last Frontier Community Activity Center ballroom. For more information or to sign up, contact Joy Wohlman Boyce 353-4137, or Julia Allen 353-2645.

VOLUNTEER TRAINING

Army Community Service is offering training for facilitators, recorders, transcribers and issue support personnel, (FRTI - pronounced 'Furtee') who will work on the next Army Family Action Plan Conference. Training is set for Nov. 23 and 24 on post. To register or for more information, call 353-2382.

SCHOOL BAZAAR

A holiday bazaar is slated for Dec. 1 at Ticasuk Brown Elementary School. More than 30 national and local vendors will offer their wares at the bazaar. The bazaar will take place 10 a.m. to 4 p.m. Attendees may also bring donations for a Fairbanks-area toy drive, if interested. For more information call 488-3200 ext. 115.

PUBLIC SAFETY NEWS

Fort Wainwright has a new, free, efficient system for notifying the community of emergencies and public safety information. The system enables subscribers to receive notification texts via their smart

phones by sending a text message to "888777" without quotation marks and enter Fort Wainwright's zip code "99703" to register. Subscriptions are available at www.nixle.com. By registering via the Web, users can also elect to receive notifications via email or cell phone. Notices for the installation can be viewed via the website without registration by entering the zip code at www.nixle.com.

SKATING SEASON

The Fort Wainwright indoor ice rink is located in the Physical Fitness Center. Open skating sessions take place 5:30 to 7:45 p.m. Fridays and 1:30 to 4 p.m. Saturdays and Sundays. Lunchtime open skate is available Monday and Wednesday from 11:30 a.m. to 1 p.m. Tuesday and Thursdays the lunch hour is reserved for hockey. Calls 353-7223 for more information, rates are posted at www.ft-wainwrightfmwr.com.

HEALTH RESOURCES

Arctic Health Link has moved to Building 4077, across the parking lot from the Bassett Army Community Hospital. AHL works to educate and promote healthy behaviors by encouraging beneficiaries to take an active role in maintaining the health and well being of themselves and their Families. For more information call 361-4148.

FLU SHOTS

For more information on vaccinations call preventive medicine at 361-5182.

EASY PROFILE UPDATES

MilConnect is a website provided by the Defense Manpower Data Center (DMDC) that allows sponsors, spouses, and their children (18 and older) to access information regarding their personal information, health care eligibility, personnel records, and other information from a centralized location. At <https://www.dmdc.osd.mil/milconnect> you can update your address and/or phone number on your DEERS record by signing into, choosing "My Profile Information" and clicking "Update Address". Scroll to the bottom and click "Submit" to add or update any of your contact information.

LIBRARY NEWS

English papers don't write themselves. English and math students needing assistance can make an appointment for tutoring at the Post Library, Building 3700. For more information, call 353-4137.

WINTER GEAR

For heavy boots or ice skates check with the Thrift Store, their stock changes daily. The store is located in Building 1031 at the corner of 102nd and Chestnut in north post housing. For more information call 356-1211.

TWO-MINUTE WARNING

All units and organizations on post are required to develop a fire evacuation plan, including assembly area and occupant accountability procedures. Complete evacuation of structure within two minutes. Evacuation plans should include Soldiers and civilians and a designated assembly area for 100 percent

accountability of personnel. To answer questions, contact your unit safety officer, Fort Wainwright Safety at 353-7079 or Emergency Services at 353-7889.

DIVORCE BRIEFING

Questions and concerns about divorce are addressed at weekly briefings offered by the Legal Assistance Office Tuesdays at 9 a.m. The divorce briefing is available to military members and spouses and is located in Building 1562 on the corner of Gaffney and Freeman Roads. For more information about legal services or an appointment, call 353-6534.

PREVENT ABUSE AND NEGLECT

Help for abused and neglected children is available locally and through a toll-free hotline. The 24-hour Child help National Child Abuse Hotline at (800) 4A-CHILD and on post, call Army Community Service at 353-7317. If you suspect a child is being hurt or neglected, contact the local police. Tips and resources are available for parents, educators, caregivers and volunteers at www.myarmyonesource.com.

MILITARY CHILD, FAMILY THERAPY

Family members of active and retired military can consult the Child and Family Assistance Center for assistance with youth and Family issues. Individual and group therapy is available. Referrals are not required. For more information or an appointment, call 361-6284 or 361-6059.

PRE-RETIREMENT BRIEFING

A monthly summary of retirement benefits for those who are one to two years from retirement, presented by the Army Career and Alumni Program. To schedule Survivor Benefit Plan or SBP counseling and to register for the pre-retirement briefing call 353-2099.

OFFICIAL INFORMATION

Fort Wainwright's official Facebook page for installation news and events can be found at www.facebook.com/FortWainwrightPAO.

ALASKA POST SUBMISSIONS

Submit a photo, place a post event or class on the calendar, send an email to pao.fwa@us.army.mil no later than close of business Monday prior to the print week. Please include the name of the event or class, date, time, location and a contact phone number or email. For display advertising contact the Fairbanks Daily News- Miner at 459-7548.

NIGHT TRAINING AT SMALL COMPLEX

Soldiers are conducting night training through Nov. 16, using flares to illuminate targets at the Donald Rudolph Small Arms Complex adjacent to the Richardson Highway. Parachute illumination rounds will be used on the machine gun range at night until 11 p.m. tonight Nov. 2, Nov 5-7 and Nov. 14-16. Local residents and motorists may see the flares from the illumination rounds.

Available to GCI Cable subscribers on post



Watch for
Current Facility
Information
and Special
Community Events

Also find it online at
www.wainwright.army.mil
under the Command Channel 5 link.



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Safe-n-Sane Day



Answers on how to survive the Alaskan winter safely and with a good mental attitude were found Tuesday during the Fort Wainwright, Installation Safety Office’s third Annual Safe-N-Sane Safety Day at the Last Frontier Community Activity Center. Members of Fort Wainwright and Fairbanks communities came together with booths, demonstrations and information available for all ages and interests. Those who stopped by were provided with everything a person needs to know about winter in the arctic, from barbecue tips and where to go to see a symphony, to keeping healthy and active. Visitors were able to see a Native American dance demonstration and meet musher, Jeff King, a four-time Iditarod winner, to ask questions and see some of his sled dog pups. There was something for everyone from the newly arrived to those who have called Alaska home for years. (Photo by Greg Sanches/Installation Safety Office)

Fairbanks winter, a venue of things to do

Staff Report,
Fort Wainwright PAO

It’s time now to put away the barbecue grill and the lawn chairs and the backyard kiddie pool. But you don’t have to dust off the Blue Ray and video games (Wii, X-Box or whatever it is that you have) and hibernate for the winter. The snow and the cold offer opportunities for you to enjoy the winter in Interior Alaska. It’s important that at least for a short while every day you leave the house and do something outdoors. Take a brisk walk around the block or just a stroll to the mailbox and back. Breathe in the fresh, cold air and watch ice crystals floating toward the ground. But get out and avoid cabin fever.

Cabin fever is a real thing. Staying indoors can cause both physical and mental distress. The way to fight that is to get out and do something, regardless of the temperature.

Alaska offers a multitude of recreational options affordable for Families who watch their spending. Soldiers and Families can participate in a large number of activities in Alaska, many of them at little or no cost.

With an eye on budget, we’ve compiled a list of things to do. No one needs to spend a great deal of money to have a good time.

You can:

- ski, snowboard or tube – Birch Hill on post has the only snow-making machine in the area, meaning it can open early even if Mother Nature is slow with the white stuff. Two civilian slopes in the area offer different terrain for skiers. Cross-country skiers can take to the trails on White Bear Loop on top of Birch Hill.
- see what happens to hot coffee when you toss it into the air at 40 degrees below zero.
- marvel at the aurora borealis (northern lights) as they dance across



the sky.

- go ice fishing – there are lakes and streams just minutes from your home. You can bag trout and Arctic char locally.
- visit Ice Art ‘13 in March – watch artists create elaborate sculptures from blocks of ice.
- watch and learn about mushing – watch sled dog races at the Mushers’ Hall on Farmers Loop Road or along the routes of the Yukon Quest and other

local races. The 1,000-mile Yukon Quest starts in Whitehorse, Yukon Territory, Canada, Feb. 2, 2013. It should take about 10 days for the leaders to arrive at the finish line in Fairbanks. The teams will drive down the Chena River through the post. You can also check out their museum at 5th and Cushman.

- let the kids blow bubbles in the cold temperatures. The bubbles will freeze at about 25 degrees below zero and land with a plink

sound; some break, others just roll around for a while. Take care, though, to ensure the kids have long-handled bubble rings or pipes. If their gloves get wet, they need to go indoors immediately to avoid frostbite.

- visit area museums – see the Fairbanks Convention and Visitors Bureau at the Morris Thompson Cultural Center, 101 Dunkel Street for a list of local museums (many of them are free). There are also museums at Pioneer Park, and the University of Alaska Museum is a must-see.
- soak in a hot springs – visit Chena Hot Springs. It’s a great place to enjoy a swim in a mineral spa, or just walk around the place. And the drive is a scenic one with a

good chance to see moose along the way.

- enjoy sporting activities – basketball, hockey – play or watch. There are numerous leagues both on and off post.
- photograph scenery, wildlife, people, activities – there’s always an opportunity to get some great shots.
- swim at local pools on and off-post operated by the Directorate of Family and Morale, Welfare & Recreation or the Fairbanks North Star Borough (all indoors).
- celebrate our

national heritage at ceremonies and observances – Veterans’ Day is Nov. 11 – join Fairbanks in honoring our veterans.

- volunteer at local schools, churches, organizations – get involved in the local community.
- listen to music or watch a play – there are concerts and plays featuring a wide variety of music styles throughout the year.
- bowl at Nugget Lanes
- play laser tag at the Last Frontier Community Activity Center
- hang out with friends at the Warrior Zone

This is by no means a comprehensive list of things to do in Fairbanks. Only your imagination prevents you from finding something to interest you

and enjoying your winter in Interior Alaska.

There’s plenty to do in Fairbanks, and at least one thing to satisfy everyone’s interest. Get back into a favorite activity or learn a new one. Get out and enjoy what Alaska has to offer.

Websites for local activities:

Outdoor Recreation – Fort Wainwright – has discount tickets to many activities, also offers ice-fishing, snowmachining and other recreational trips at low cost – call

call Outdoor Recreation at Eielson AFB, 377-1232 or 377-2769.

Ice Alaska – visit Ice Park on Phillips Field Road near Peger Road and see them on the web at <http://www.icealaska.com/about.html>.

Chena Lake Recreation Area – North Pole, about 15 miles from Fairbanks on the Richardson Highway – nature trail, snowmachining, cross-country skiing, ice-fishing, mushing, ski-joring – see <http://www.poa.usace.army.mil/co/chena/ch/intro.htm>.

White Mountains Recreation Area – about 30 miles from Fairbanks on the Steese Highway – cross-country skiing, mushing, ski-joring, snowmachining, camping (in cabins) – see <http://www.blm.gov/ak/white-mountains/default.html>.

Chena Hot Springs – about 60 miles from Fairbanks on Chena Hot Springs Road – hot springs, horseback riding, mushing, snowmachining, cross-country skiing, aurora viewing – see <http://www.chena-hot-springs.com/>.

Pioneer Park – Airport Way, Fairbanks – historic theme park, playgrounds, open year round – free admission – see them at <http://www.co.fairbanks.ak.us/Parks&Rec/PioneerPark/>.

Concerts, plays, comedy nights, museums, sports and special events – see the Fairbanks Convention & Visitors Center website at <http://www.explorefairbanks.com/calendar> for the latest information on local activities.

<http://www.examiner.com/article/100-fun-things-to-do-with-the-kids-this-winter> is a website listing 100 things to do – some indoors, some outdoors – enjoy.

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